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RICARD LARMA/METRO

Always violent in Philadelphia

Year's first summer weekend marred by murder of father who was trying to stop teens from beating his son 32 others also shot, seven murdered {page 02}

News

Gaga in hot water over wristbands

Lawsuit against superstar suggests not all proceeds from charity bracelets went to help Japan quake victims {page 06}

Sheen will be back on TV

Nope, he's not going away. The volatile actor may star in a new sitcom on cable {page 08}

And you thought cats don't swim

Kitty doggy-paddles as part of therapy after accident {page 07}

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‘Savage’ teens kill young dad

- Group allegedly beat up 14-year-old twice, then shot his father to death
- Also wounded 3 girls during rampage of bullets in Strawberry Mansion

RICARD LARMA/METRO

▶ The crime scene included part of a recreation center where Mayor Nutter ceremoniously opened city pools last week.

Six days into the official start of summer and Philadelphia police already have their hands full after 33 people were shot during the weekend, including seven homicides, marking one of the most violent weekends in recent memory.

The most bizarre shooting happened around 9 p.m. Sunday at 33rd and Diamond. According to investigators, a 14-year-old boy was attending an unsanctioned party near Mander Recreation Center when he was beaten up by five fellow teenagers.

“The father and the son returned back to the scene, confronted these five teens and the father stated to them ‘My son will fight each one of you one at a time,’” Homicide Capt. James Clark said.

But the boys allegedly jumped him again. Then, when his father, Nyeme Taylor, pulled them off his son, one of the attackers pulled out a gun and opened fire, killing Taylor and striking three girls. The girls — ages 6, 10, and 15 — are all in stable condition. The 15-year-old was Taylor’s daughter, police said.

Commissioner Charles Ramsey called the park shooting “very savage” and said police are lucky there weren’t more murders over the weekend.

“It’s just a tragic set of circumstances,” he said. “I think it shows just how violent it can become on the streets of our city.”

SOLOMON D. LEACH
sleach@metro.us

POST YOUR COMMENTS:
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Violence in numbers

- 33 shooting victims
- 7 homicides
- 4 attacks by teenagers

“It’s painful that folks have to lose their lives. ... People have become desensitized to crime and violence.”
DERRICK FORD, STRAWBERRY MANSION ATHLETIC ASSOCIATION

Unruly mob robs, attacks

A lawless gaggle of teenagers whom police believe met at the Susquehanna Festival in North Philadelphia allegedly attacked a 20-year-old man near Broad and Fairmount and then a group of people minutes later at Broad and Green, police said.

One woman, a writer for the local edition of “The Onion,” Emily Guendelsberger, suffered a broken leg in the second attack and had surgery yesterday.

Authorities also think another group of teens from the same event were responsible for robberies near 15th and Chancellor. Three people between the ages of 18 and 20 were arrested. METRO/SDL

Knox back, Street says no thanks

CITY HALL. Mayor Michael Nutter met with politician Tom Knox at the city Board of Elections yesterday to support the former gubernatorial candidate’s change in voter registration back to Democrat. Knox became an independent in April.

“I originally changed it in case Milton Street got elected in the primary,” said Knox. “I’m changing back in the hopes that in a couple of years, I can run for governor as a Democrat.” Knox withdrew from the 2010 gubernatorial election.

Knox also revealed that Milton Street’s brother, former mayor John Street, told him he’s “absolutely, under no circumstances” planning to run for mayor in 2011. METRO/AW

Funeral for Slivinski tomorrow

NORTHEAST PHILADELPHIA. The viewing and funeral for city firefighter John “Jackie” Slivinski Jr., 32, will be held today and tomorrow.

Calling hours will take place today from 6 to 9 p.m. and tomorrow from 8 to 9:30 a.m. at Burns Funeral Home, 9708 Frankford Ave. Funeral mass will be held 10:30 a.m. tomorrow at St. Timothy’s Church, 3013 Levick St., followed by an interment at Westminster Cemetery.

Family members are asking for contributions to the Local 22 Firefighters Widow Fund in lieu of flowers. METRO/AW

In the news

Three balls and you’re out!

Patrick Boyle of Havertown had the best seat Sunday afternoon at Citizen’s Bank Park as he caught not one, but two foul balls. He’d better watch out for lightning. Boyle was famously screamed at by former Phil Jayson Werth last year for getting in the way of a foul ball. METRO/ALP

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DIRECTOR CHRIS WEITZ TALKS ‘A BETTER LIFE’

WWW.METRO.US/STYLEBLOG
MORE SUMMER SKIN CARE TIPS

Is anyone listening to parents?

Parents want what's best for our kids. But the Philadelphia School Reform Commission (SRC) is planning on drastic budget cuts that will lay off thousands of public school teachers and slash essential programs.

The consequences of proposed budget cuts include:

- larger class sizes
- compromised school safety and classroom discipline
- fewer programs and services
- worse learning conditions for our children

We need new priorities that put children first. Parents and teachers are fighting for Philadelphia's schools. **Call the SRC at 215/400-4010.** Tell them to work in good faith with our teachers and invest in our classrooms.

Let's stand united for our children, for our teachers and for public education.

PHILADELPHIA FEDERATION of TEACHERS

PARENTS UNITED for Public Education

Popular pet park headed to doggie heaven

Construction of pedestrian bridge over Schuylkill train tracks will cost Center City a dog park There's talk of people chaining themselves to 27 trees

RIKARD LARMA/METRO

▶ The Schuylkill River Dog Run is bustling at almost any time of the day.

They've tied red ribbons around 27 old-growth trees near the Schuylkill River Dog Run, signaling those bound to meet a chain saw as early as this morning for construction of a pedestrian bridge over nearby CSX tracks.

At lunchtime, 10 pooches pranced about the enclosed area sniffing, playing and doing their business for what could be the last time until next October. Their masters felt suckered by a city that played dead with details until signs and ribbons posted last week signified the start of a project resulting from a federal order in a suit between the railroad company and the city.

"They keep saying we've had community meetings about it. Those were in 2007 and 2008. There was no talk since," said professional dog walker Lindsay Duggan. "I'm going to lose business. My clients didn't know until I told them about it this morning."

A developer and community gardeners have since fought to keep construction of the bridge off their land, leaving the dog run as the only option, said Maryanne Conheim of Citizens for Saving Schuylkill River Park. "It's too much collateral damage to a park as beloved and useful as this. I don't think we're being unreasonable."

Louise Bennett brought petitions with more than 700 signatures seeking public input before the trees disappear — and a tiny, temporary dog-run opens — to a "Meet the Construction Crew" powwow last night. She noted, "Contractors have told me 'suck it up, go somewhere else.'" So the neighborhood group went to court yesterday seeking a temporary injunction, despite worries that their efforts come too late.

BRIAN HICKEY
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'Increase in trees'

Mayor's Office of Transportation spokesman Andrew Stober said a temporary dog park will give way to a larger replacement next year, and "there will be a net increase in number of trees." While he noted the court order makes old-growth removal necessary, neighbors claimed some were being removed for construction "convenience," not necessity. METRO/BPH

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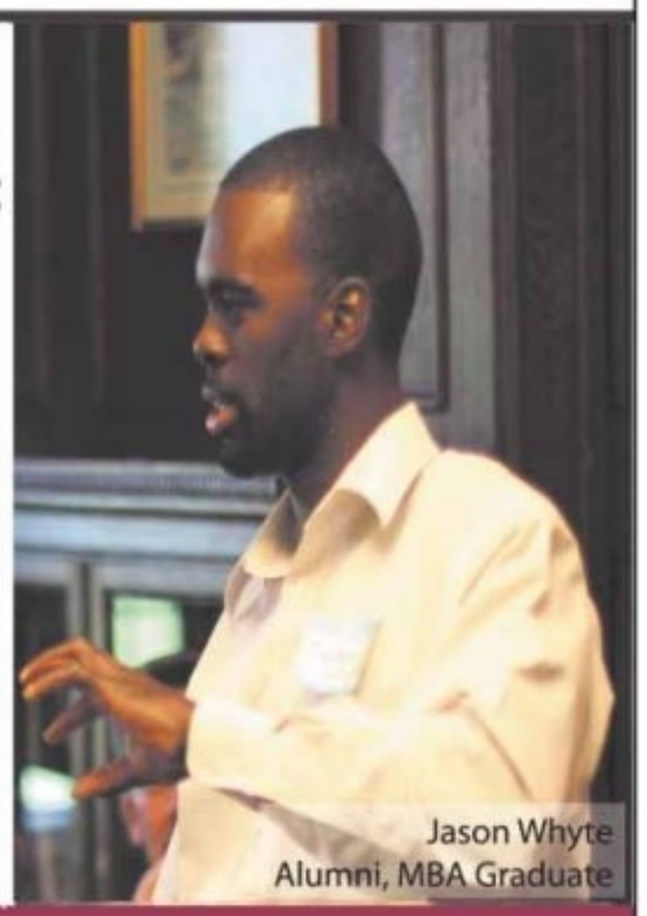

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Jimmy Rollins is no match for Babe Ruth

Phillies shortstop goes after unusual record of longest home run — on the Ben Franklin Parkway

All-Star shortstop Jimmy Rollins attempted history yesterday as he went after the Guinness World Record for longest batted ball on the Ben Franklin Parkway.

"Red Bull called me and asked if I was ready to think outside the box," Rollins said of the offer by Red Bull to go after a record. So last year, he set the goal of breaking Babe Ruth's record home run of 576 feet, but was held back due to injury. The 5-foot 7-inch, 175-pound shortstop's longest home run before the competition was 420 feet.

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"My strategy is just to hit the ball as far as I possibly can," Rollins said yesterday while warming up.

He used a special bat created by two engineering and physics professors, but they'll apparently have to go back to the drawing board. Rollins could only crank it 463 feet.

During the odd contest, Rollins had fun with fans and members of the St. Joseph's Prep baseball team, who were shagging balls Rollins hit down the parkway.

"He was having a good time. He told us to keep doing what we're doing and to follow our dreams," Ray Toto, St. Joe's Prep catcher who caught for Rollins during the competition.

"Meeting a big-time superstar like Jimmy Rollins is extra special. They will remember this for a long time," Ed Turner, assistant coach for St. Joe's.

ALEXANDRA PAULIN
letters@metro.us

Rollins records

Despite Rollins' failure to top Babe Ruth's distance mark, he did receive three Guinness Book of World Records citations for achievements during his baseball career. They're not exactly Henry Aaron-like, but they're cool for a leadoff hitter.

- **778** Most plate appearances in a season (2007)
- **716** Most at-bats in a season (2007)
- Earliest to **30** home runs, **30** stolen bases, **30** doubles and **20** triples in a MLB season (2007)

RICARD LARMA/METRO

▶ Jimmy Rollins wasn't able to break Babe Ruth's record.

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JEFF HAYNES/REUTERS

▶ Bachmann officially announced her candidacy yesterday.

Bachmann enters race for 2012

Rising Tea Party star Michele Bachmann leaped into the Republican 2012 presidential nomination race yesterday, saying the country cannot afford four more years of President Barack Obama's handling of the economy.

"Make no mistake about it, Barack Obama will be a one-term president," Bachmann, a conservative member of the House of Representatives from Minnesota, said in announcing her candidacy with a blistering critique of the Democratic president.

Bachmann, 55, is attempting to establish herself as the conservative alternative to frontrunner Mitt Romney among a crowded field of GOP candidates. REUTERS

Gaga sued over Japan charity bracelet sales

Class action lawsuit claims not all proceeds from rubber wristbands went to victims ◆ Online comments unhappy about shipping, handling

Pop superstar Lady Gaga has been sued over sales of her wristbands for Japan's earthquake relief efforts in a class action that claims that not all the proceeds went to victims as she had promised.

Michigan legal network 1800LAWFIRM also alleges that Gaga and other companies involved in the sale and marketing of the $5 white and red "We Pray for Japan" wristbands overcharged buyers on shipping costs and "artificially inflated reports of total donations."

"While we commend Lady Gaga for her philanthropic efforts, we want to ensure that claims that 'all proceeds will be donated to Japan's earthquake' are in fact true," said Alyson Oliver, an attorney for 1800LAWFIRM.

"Our intention via this lawsuit is to uncover any improprieties committed by Lady Gaga and appropriate the full donations assumed to the victims in Japan."

Lady Gaga, 25, and her representatives did not return calls for comment yesterday. The federal class action lawsuit was filed in Michigan on Friday while the singer was in Japan for a benefit concert for victims of the March earthquake and tsunami.

Gaga, whose real name is Stefani Germanotta, is reported to have donated about $3 million to Japan disaster relief through sales of the wristbands and other ventures. REUTERS

TOSHIFUMI KITAMURA/AFP/GETTY IMAGES

▶ Lady Gaga performed a benefit concert in Japan on Saturday.

Fans complain

The official website for the singer's store has several comments from frustrated fans complaining about long delivery times and shipping and handling costs of more than $5 for the small rubber wristbands.

Corruption: Blagojevich found guilty

A jury convicted disgraced former Illinois Gov. Rod Blagojevich yesterday of corruption for trying to trade the U.S. Senate seat once held by President Barack Obama for financial and political gain.

Blagojevich, a two-term Democrat thrown out of office in 2009, was found guilty on 17 of 20 counts by the jury of 11 women and one man. Several of the convictions call for prison terms of up to 20 years, though he is likely to receive a lesser penalty.

The effusive Blagojevich insisted he was merely engaged in political gamesmanship but did not intend to sell anything. Prosecutors argued he was clearly seeking to extort campaign contributions and other benefits. REUTERS

Dirty politics

Key evidence in the case was profanity-laced FBI recordings of Blagojevich speaking with aides and political associates.

- Blagojevich instructed aides to seek from the incoming administration either a Cabinet post, an ambassadorship or another high-paying position for him in exchange for naming Obama aide Valerie Jarrett to the Senate seat.

TASOS KATOPODIS/GETTY IMAGES

▶ Former Illinois Gov. Rod Blagojevich and his wife, Patti, didn't look like they expected a guilty verdict as they arrived in court yesterday for the corruption retrial in Chicago.

Supreme Court OKs violent kids games

WASHINGTON. The U.S. Supreme Court struck down a California law prohibiting sales of violent video games to minors, saying the ban is an unconstitutional infringement on speech rights.

The nation's highest court yesterday rejected the state's contention that violent games are akin to sexual materials, which the government can restrict to protect children.

"Even where the protection of children is the object, the constitutional limits on governmental action apply."
JUSTICE ANTONIN SCALIA

The video game industry has more than $10 billion in annual sales. BLOOMBERG

Libya rails against ICC

TRIPOLI. Libya dismissed a move by the International Criminal Court to issue an arrest warrant for Muammar Gaddafi yesterday.

"Libya ... does not accept the decisions of the ICC which is a tool of the Western world to prosecute leaders in the Third World," Justice Minister Mohammed al-Qamoodi said.

The Hague-based court approved warrants for Gaddafi, his son Saif al-Islam and intelligence chief Abdullah al-Senussi on charges of crimes against humanity. REUTERS

15

Number of minutes Mog the Cat has to tread water per session in a specially designed pool measuring 13 feet in length and 3 feet deep

Hydrotherapy and its benefits

- **The cardiovascular workout strengthens heart and lungs.**
- This fitness regime can be recommended for the pudgy pet to help it lose weight.
- It can help treat congenital and chronic conditions in dogs and racehorses.

"He does a sort of funny doggy paddle, it's hilarious to watch. Now he can do circuits of the pool."
VERONICA ASHWORTH, CAT OWNER

SWNS

Cat takes a bath to learn to walk again

Mog the Cat takes a splash

FELINE THERAPY. And you thought cats were afraid of water? Well, this brave kitty loves his local swimming pool. Mog is a gray tabby cat who's taking lessons in a hydrotherapy pool in Cornwall, in southwest England, to help him walk again following a car accident in February.

How the feline ended up in H_2O

TIMELINE OF EVENTS. After sustaining nerve damage to his legs in the hit-and-run incident, the 1-year-old cat spent six weeks on a drip. But following a suggestion from a local vet, Mog decided to take on some hydrotherapy, having already clocked in ten sessions at $45 apiece.

Expert: Cats don't fear water

ANIMAL BEHAVIOR. Is the stereotype about cats and water based on fact or fiction? Very much fiction, says Pam Johnson-Bennett, author and specialist on feline behavior. "[But] since they hunt on land for prey such as mice and birds, cats have no need to develop water skills," Johnson-Bennett told Metro. METRO/MWN

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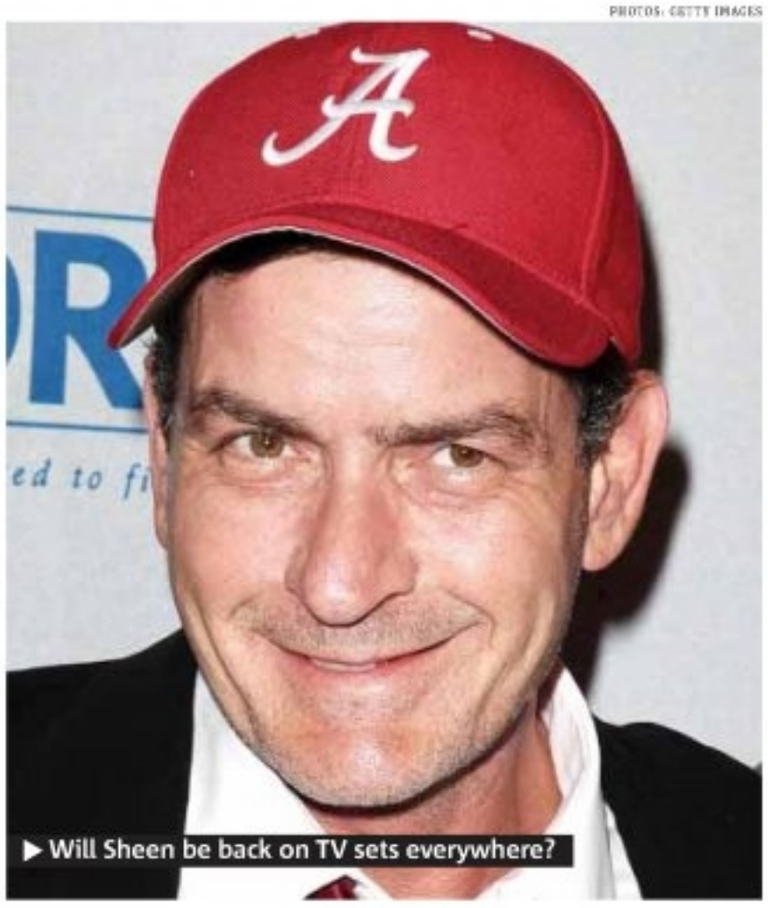
THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Charlie Sheen: Still a player?

PHOTOS: GETTY IMAGES



▶ Will Sheen be back on TV sets everywhere?

WWW.METRO.US/WORD
DOROTHY ROBINSON'S WORD BLOG

Pop culture speed bump of two months ago, **Charlie Sheen,** still seems to have some life in that ol' crack head of his. It was announced yesterday that Sheen has landed a deal for a new sitcom with Lionsgate Television, and RadarOnline.com reports that the bidding war currently happening is huge — even bigger than "Two and a Half Men" money, where Sheen was paid $2 million per episode.

"Charlie has inked a deal to create and star in a new sitcom," an insider tells RadarOnline. "Charlie's character will be very similar to the one he played on 'Two And a Half Men,' however the show will be a lot racier."

But not prostitute-loving, anti-Semitic-spewing racy, let's hope!

TBS is the front-runner to get the rights to the untitled series. And although Sheen won't be making the kind of cash per episode he did for "Two and a Half Men," he's set to get a windfall in the back end of the deal — if he doesn't implode.

"It's still a risk but the risk is worth it because so many people are interested in Charlie and his wacky life ... they are bound to watch the show," the insider says.

A quick note to whomever this "insider" is: "Wacky" is how to define Weird Al Yankovic. "Giant train wreck of intergalactic proportions" is how you describe Charlie Sheen.

A change in the natural order of things

Can it be? Is **Jennifer Aniston** actually (gasp!) happy with her dating life? It seems so!

She's enjoying time with new boyfriend **Justin Theroux** — and is even willing to talk about it. When asked during a "Good Morning America" interview if she's happy in her personal life, the former "Friends" star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely happy."

Aniston even brought Theroux along for her "Inside the Actors Studio" taping, according to People magazine. "Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine.

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Joel McHale is skeptical, Eva Longoria is hitting the road, Jerry Bruckheimer has some sick puppies and Joan Rivers is feeling sympathetic.

▶ **@joelmchale**
Boston...Every eatery here claims "Award Winning Chowder". Either there's way too many chowder contests or "award" is now part of the title

▶ **@EvaLongoria**
Sorry I'm on vacation! I'll tweet more when I'm back!

▶ **@BruckheimerJB**
Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now

▶ **@joan_rivers**
Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist.

Bruckheimer

Talking points

LaBeouf's new lady a bit fishy

Five months after meeting at an L.A. karaoke club, **Shia LaBeouf** says he and stylist girlfriend **Karolyn Pho** are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times. The "Transformers" star is also thinking more maturely about his February scuffle outside an L.A. area bar. "My mother said, 'It was below your dignity to engage in it,'" LaBeouf says.

Neil Patrick Harris engaged

Neil Patrick Harris and boyfriend **David Burtka** took the opportunity of New York legalizing same-sex marriage to reveal that they're engaged — and have been for some time. "David and I did propose to each other, but over five years ago," Harris posted on Twitter. "We've been wearing engagement rings for ages, waiting for an available date."

Burtka and Patrick Harris

Prince Harry: I'm still single

Prince Harry is clearing up any confusion about his personal life. "I am not seeing anyone at the moment. I'm 100 percent single. I'm working a lot at the moment, so dating and watching TV are the last things I have time for," he says, according to the Daily Mail. As for specific rumors about Harry getting cozy with **Pippa Middleton**? "Pippa? Ha! No," he says.

Jackson's jacket sells for millions

Almost two years after his death, **Michael Jackson**'s famous red and black leather jacket from the "Thriller" video was snatched up at auction for $1.8 million, according to Popeater. Officials at Julien's Auction House, which described the jacket as "among the most recognizable and famous garments of the 20th century," had expected it to bring in up to $400,000, but commodities trader Milton Verret was clearly ready to pay a bit more. The iconic jacket will be used as a fundraising tool for children's charities.

myentertainment

The roundup of Sunday night's BET Awards

1: Singer Mary J. Blige opened the night with a medley of her hottest hits. Love the ponytail, Mary!
2: Nicki Minaj was pretty in pink on the green carpet. She and Justin Bieber presented the award for Best Male Hip Hop Artist to Kanye West, who was sadly a no-show.
3. New mom Alicia Keys showed off her amazing heels for photographers. Bruno Mars later joined her onstage to perform "A Woman's Worth" during her medley of "Typewriter" and "Fallin.'"
4: Actress Meagan Good added a much-needed touch of glamour to the night (Chris Brown came in jean shorts!).
5: Young Stars Award recipient Willow Smith showed off her "Fresh" T-shirt, featuring you-know-who.
6: Nelly, right, along with rapper Diggy Simmons, also displayed an icon on his shirt (this time Muhammad Ali) at a BET after-party.
7: A smug Chris Brown posed with his trophies backstage — he took home four awards including Best R&B Artist and Viewers' Choice.
8: Ne-Yo arrived in style at the Interscope Geffen A&M Records' fifth annual 'Creme Of The Crop' Post BET Awards Dinner Celebration in Beverly Hills.

1: KEVIN WINTER/GETTY IMAGES
2,3,4,5,7: JASON MERRITT/GETTY IMAGES
6: JOHNNY NUNEZ/WIREIMAGE
8: PAUL ARCHULETA/FILMMAGIC

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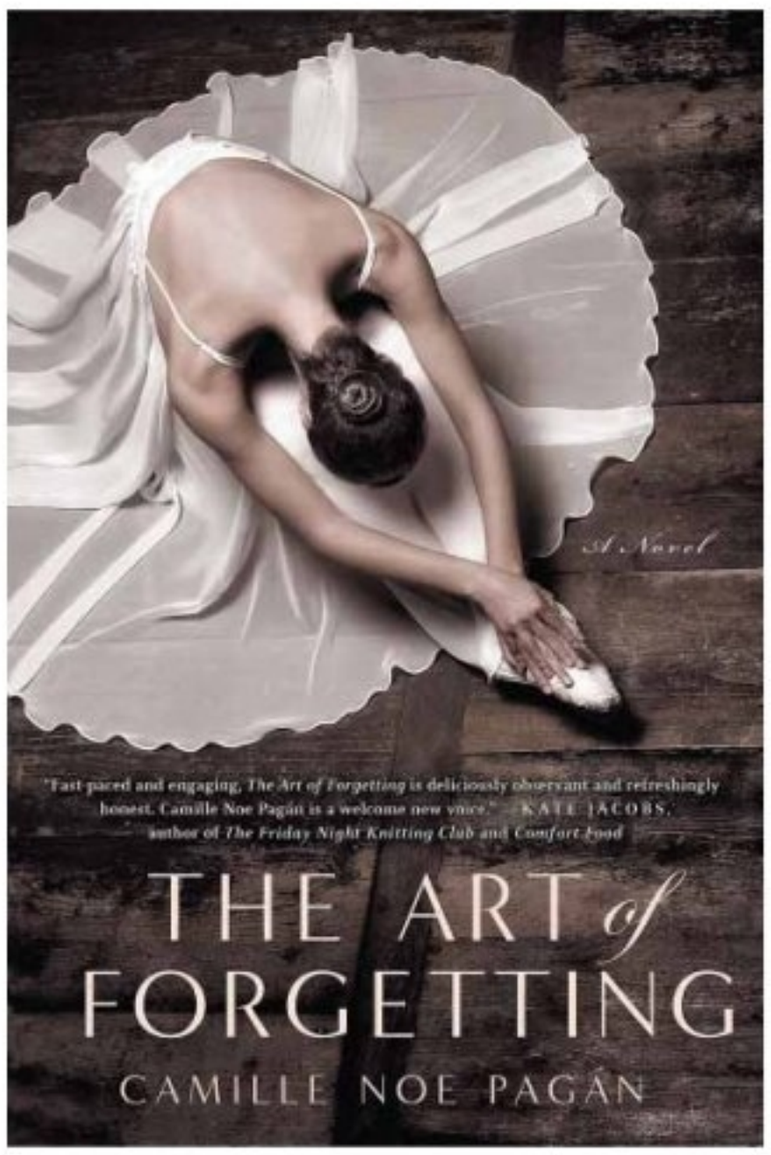
A Novel
"Fast-paced and engaging, The Art of Forgetting is deliciously observant and refreshingly honest. Camille Noe Pagán is a welcome new voice." — KATE JACOBS, author of The Friday Night Knitting Club and Comfort Food
THE ART of FORGETTING
CAMILLE NOE PAGÁN

Shared memories and what they entail

Camille Noe Pagan's debut novel, 'The Art of Forgetting,' tackles what happens when a traumatic injury tests the bonds between two friends

Traumatic brain injury affects thousands of women a year — often with devastating outcomes — but despite its prevalence, TBI doesn't attract too much mainstream attention, a sobering reality that journalist Camille Noe Pagan experienced while writing a magazine story on the prevalence of brain damage and women.

"I interviewed a neurologist who mentioned women are more worried about cellulite or getting enough omega-3 acids, when they should really be worried about brain injury. That stuck with me," she recounts. Pagan turned that bit of information into the compelling hook of her debut novel, "The Art of Forgetting," which follows two tight-knit friends, Julia and Marissa, as they try to come to terms with their new normal after Julia suffers a traumatic brain injury.

JP PAGAN

▶ Pagan

"You'd think it's a freak thing, but it's surprisingly common."
PAGAN, ON THE PREVALENCE OF BRAIN INJURIES

"I approached it like a journalist and wrote it like a novelist," says Pagan about the groundwork she had to undertake before writing her first book. "No brain injuries are the same. So I did a lot of medical research and interviewed other neurologists. You'd think it's a freak thing, but it's so surprisingly common."

Pagan says that an unexpected — and welcome — outcome of publishing "The Art of Forgetting" has been meeting brain injury survivors.

"A woman at a recent reading came up to me and told me she was a brain injury survivor. She told me how, like Julia, she looked like the same person she was before, but she's not. I was really moved by that."

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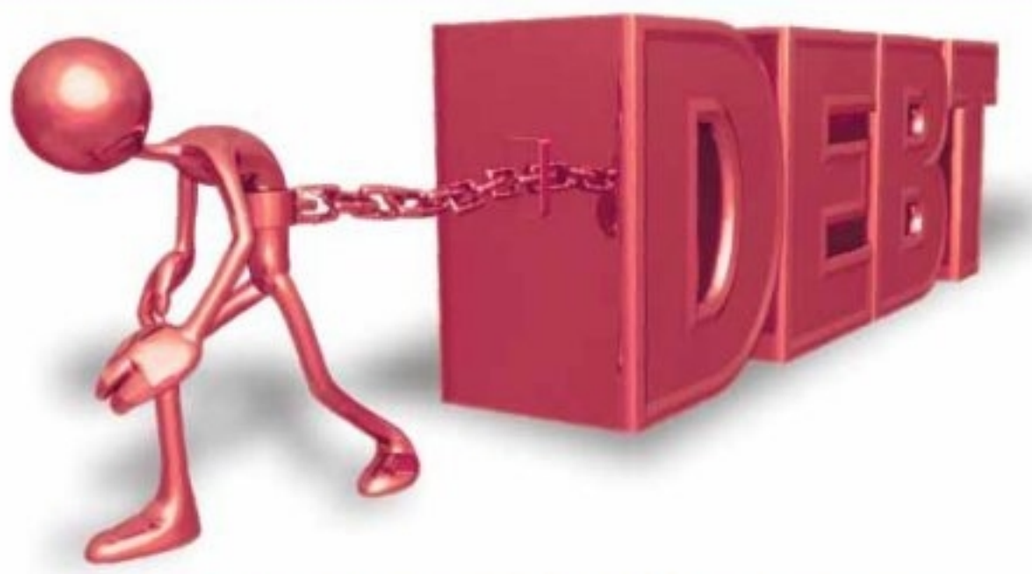

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TV watch list

LEWIS JACOBS/NBC

▶ Adam Levine and Christina Aguilera perform on "The Voice."

'The Voice'

REALITY. The remaining contestants go head-to-head in the final performance round — if, of course, they can be heard over the Christina Aguilera/Adam Levine feud.
9 p.m., NBC

'I Kid with Brad Garrett'

COMEDY. The comedian unleashes his inner child to capture kids saying the darndest things about their imaginary friends and aliens in tonight's premiere.
Series premiere, 8 p.m., TLC

'HawthoRNe'

DRAMA. We can now officially define desperate as "tasking your love interest nurse with taking care of your sick mother." Thank you, Detective Renata!
10 p.m., TNT

AMBER RAY

70% of Metro readers have taken a domestic air round trip in the past year.
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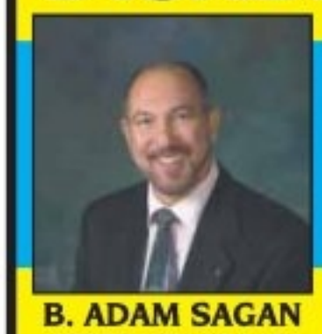

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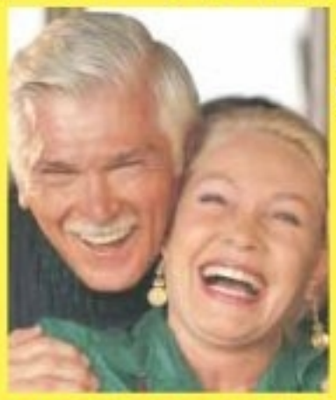

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healthy hearts

In the news

World's biggest killer

Heart disease is the world's biggest killer, claiming 17.1 million lives a year according to the World Health Organization. Experts say a global epidemic of obesity is threatening to cause a wave of heart disease and type 2 diabetes.

A study published Saturday found that the number of adults around the world with diabetes has more than doubled since 1980 to 347 million — a far larger number than previously thought.

Loos said it is important to remember that lifestyle factors like diet, exercise and a healthy weight also reduce risk.

'Lean gene' ups risk of heart disease & diabetes

New research says that while a so-called 'lean gene' was linked to having less body fat, it was also linked to an increased risk of heart disease and type 2 diabetes — the illnesses normally associated with being overweight

A team of British researchers examined the genetic code of more than 75,000 people to look for the genes that determine body fat percentage, and found strong evidence that a gene called IRS1 is linked with having less body fat.

When they investigated further, they found IRS1 also leads to having unhealthy levels of cholesterol and glucose in blood — key markers for so-called metabolic diseases like heart disease and diabetes.

They found the gene was only linked to lower levels of fat under the skin, called subcutaneous fat, but not to the more harmful fat that surrounds the organs, called visceral fat.

POLKA DOT

▶ Being thin doesn't mean a clean bill of health.

Ruth Loos, whose study was published in Nature Genetics journal, said the findings suggest that people with the IRS1 gene are less able to store subcutaneous fat, and may therefore store fat in other parts of the body where it might pose more risk to organ function.

She added that the study results did not change the general message for most people. "People who are lean are generally healthier than people who are overweight or obese," she said. "But we all know some people who are lean ... have a heart attack before the age of 50."

She said that while this study pointed to genes as one factor in determining the risk of developing these conditions, it was important to remember that lifestyle factors like dieting, exercising, cutting out smoking and maintaining a healthy weight also play a vital role in reducing the risk. REUTERS

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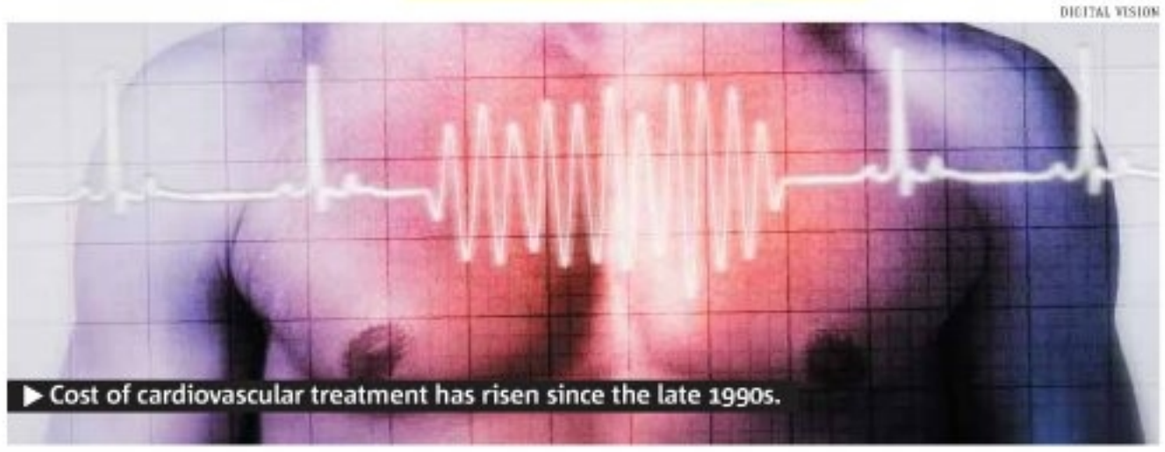
DIGITAL VISION

▶ Cost of cardiovascular treatment has risen since the late 1990s.

Heart disease by the numbers

- Cardiovascular problems cost economy billions
- Death rate is down, but costs are up since late 1990s

More than 2,200 Americans die of heart disease daily, according to the National Heart Association's 2011 report. Though the death rate declined from 1997 levels, heart disease is striking younger victims as obesity levels in the country continue to skyrocket, especially among children.

But a recent study in Nature Genetics concludes heart health doesn't rely on body mass alone, identifying a gene that is linked to both thinness and increased risk of heart disease.

Researchers theorize that the gene inhibits outwardly visible subcutaneous fat deposits, forcing the body to store extra weight as visceral fat deep in its organs and muscles, which interferes with their function and increases the risk of metabolic disorders.

Thin people should remain just as vigilant about heart health as their larger counterparts.

27.8%
Decrease in the death rate from cardiovascular disease from 1997 to 2007

By the numbers

- **5.38M and 6.85M:** Total inpatient cardiovascular operations and procedures in 1997 and 2007
- **75%:** Americans who self-reported having heart disease from 1999-2006 and were overweight or obese
- **4% and 20%:** Obesity among children aged 6 to 11 three decades ago and now, respectively
- **$286B:** Estimated direct and indirect cost of cardiovascular disease and stroke in the U.S. in 2007

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healthy hearts

Working more than eight hours per day significantly boosts risk of heart disease

Working overtime may be a killer, according to research earlier this year that finds long hours on the job is a heart risk — along with smoking, bad cholesterol and high blood pressure.

Adults who worked at least 11 hours a day had a 67 percent higher risk of developing coronary heart disease than those working eight hours, an April study in the Annals of Internal Medicine found. Researchers saw that by adding work hours to a standard heart-risk assessment model, they could increase the accuracy of heart disease predictions by 5 percent.

Because working long hours is common and on the rise in developed countries, the study may have implications for doctors when it comes to advising patients on their health, said Mika Kivimaki, the lead researcher. Heart disease is the leading killer in the U.S. for women and men, according to the National Institutes of Health.

"Current evidence on coronary heart disease prevention emphasizes the importance of focusing on the total risk rather than single risk factors," said Kivimaki, a professor at University College London, at the time. "People who work long hours should be particularly careful in following healthy diets, exercising sufficiently and keeping their blood pressure, cholesterol levels and blood glucose within healthy limits." BLOOMBERG

The findings

The research followed 7,095 civil service workers in London who were ages 39 to 62 at the start of the trial. They were screened for heart disease every five years.

The study found that 192 people developed heart disease over 12.3 years. Those who worked 10 hours a day had a 45 percent higher risk of heart disease than those working seven to eight hours.

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Career politicians don't know when to exit the stage; and the longer they stay, the easier they can be manipulated and bought by corporations, thereby betraying the citizenry, democracy and the Republic. **ANTHONY P. JOHNSON, JUNIATA**

The impending paradigm shift

The paradigm for civilization has stayed constant since its inception: The few rule the many; it's inescapable. In a democratic society, this paradigm is balanced by voting. They many elect the few that rule. Now there's a paradigm shift. As the saying goes, the citizenry has "fallen" because we are so "divided." Whether you're a Democrat, Republican or Independent, you can't let conservatives continue this insanity. **RICH BRITTLE SR., VIA E-MAIL**

Pop culture not nasty enough

RE: "'BAD TEACHER' SCORES HIGH MARKS": Thank you for the review of "Bad Teacher." Reviewer Richard Crouse thought that the movie "could have benefited from a little more raunch." At last we have a writer willing to risk standing up and condemn the flood of neo-Victorian puritanism endangering America. I say, "Bring on the smut!" **ROBERT B. PIERCE, VIA E-MAIL**

Close, but not quite free yet

The passage of the Marriage Equality Act in New York is a significant civil rights triumph, and it merits jubilation and gratitude. However, true victory can only be claimed when the federal Defense of Marriage Act is eliminated and marriage equality is passed in every state. But thanks to the growing chorus of voices supporting the rights of gay Americans, it may not be long until we celebrate our commitment to equality. **DAVID TERHUNE, VIA E-MAIL**

Safety net is clearly frayed

RE: "WHEN SOCIAL OUTREACH FAILS": With the rags-to-riches narrative as irrelevant as it's been at any point in our history, and the political right determined to rid the nation of even the most pathetic semblance of a social safety net, is it any wonder that some among the poor find themselves struggling with addiction? **DAN EHLKE, VIA E-MAIL**

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♋ Cancer **June 21-July 22.** Someone you respect might come to you about doing something you think would be a kindness; but, in reality, it'll turn out to be a favor for you.

♌ Leo **July 23-Aug. 22.** Your thinking is usually such that it produces ideas that are both practical and progressive, which is likely to happen currently. This time, it might involve one of your club or social activities.

♍ Virgo **Aug. 23-Sept. 22.** Be alert so that you don't miss something extremely unusual concerning an opportunity that could be meaningful to you materially.

♎ Libra **Sept. 23-Oct. 23.** Include others when broadening your range of objectives, because you'll have a better chance at success with more people involved.

♏ Scorpio **Oct. 24-Nov. 22.** A promising endeavor is likely to be put together through a chain of unique circumstances involving several other people. These co-contributors will supply what you lacked.

♐ Sagittarius **Nov. 23-Dec. 21.** You couldn't find a better day to iron out a misunderstanding you recently had with someone dear to you. That other person is equally eager to clear the air.

♑ Capricorn **Dec. 22-Jan. 19.** Take those positive measures to enhance your material well-being, because it's a day where you can move things along to your satisfaction.

♒ Aquarius **Jan. 20-Feb. 19.** There is an excellent possibility that two new people from distant places might enter your life. Both will have a strong, constructive influence on your important affairs.

♓ Pisces **Feb. 20-March 20.** You should fare much better in an arrangement you initiated, but now leave up to others. They're finally producing what they should have done all along.

♈ Aries **March 21-April 19.** Don't doubt the wisdom of your decisions, even those you might have to make under pressure at a moment's notice. Your judgment is much keener than you realize.

♉ Taurus **April 20-May 20.** No, money isn't likely to be dropped in your lap. However, you will get an opportunity to take advantage of a very lucrative opportunity, giving you a much heavier billfold.

♊ Gemini **May 21-June 20.** Your charm and congeniality comes naturally to you, making you a welcome person to be around. More than one friend will be seeking your company. **BERNICE BEDE OSOL**

SHARE YOUR VIEWS ON THE WORLD OF NEWS, LEAVE COMMENTS, RESPOND TO OPINIONS AND MUCH MORE www.metro.us

Across
1 Lox partner
6 Expensive fur
11 Harsh call
14 Wash out
15 From square one
16 That girl
17 Where Tripoli is
18 Chocolate-chip cookie
20 Lime cooler
21 Goody-goody
23 Jalopies
24 Connection (hyph.)
26 Idea
28 You don't say! (2 wds.)
30 Sell for
31 Pizzeria musts
32 Kate's sitcom friend
33 Scoundrel
36 Gets a load of
37 Drops
38 Sparklers
39 FICA number
40 Sarcastic remarks
41 Kind of coverage
42 Stage platform
43 More elegant
44 Horse or cow
47 Magna __
48 Wishing undone
49 WWW addresses
50 PBS relative
53 Swing
56 Rabbitt or Murphy
58 High degree
59 Relieves
60 Claims on property
61 Mao __ -tung
62 Cook slowly
63 Mubarak predecessor

Down
1 Mr. Lugosi
2 Waterless
3 Envoy (hyph.)
4 Ben & Jerry rival
5 Kangaroos, e.g.
6 Tuxedo trim
7 Beside oneself
8 Checkbook amt.
9 Dogpatch's __ Abner
10 Touch up
11 Mailbox device
12 Famed fabulist
13 Seize forcibly
19 Ow!
22 Disencumber
25 Charged particles
26 Ancient Britons
27 Elevator pioneer
28 Growth on rocks
29 Cousteau's middle name
30 Airlines patron
32 Fossil resin
33 In the very act (hyph.)
34 Jacques' girl
35 1917 abdicator
37 River in France
38 Medieval tale
40 Silly one
41 Tidbits
42 Sari wearer
43 Comrade
44 Weather system
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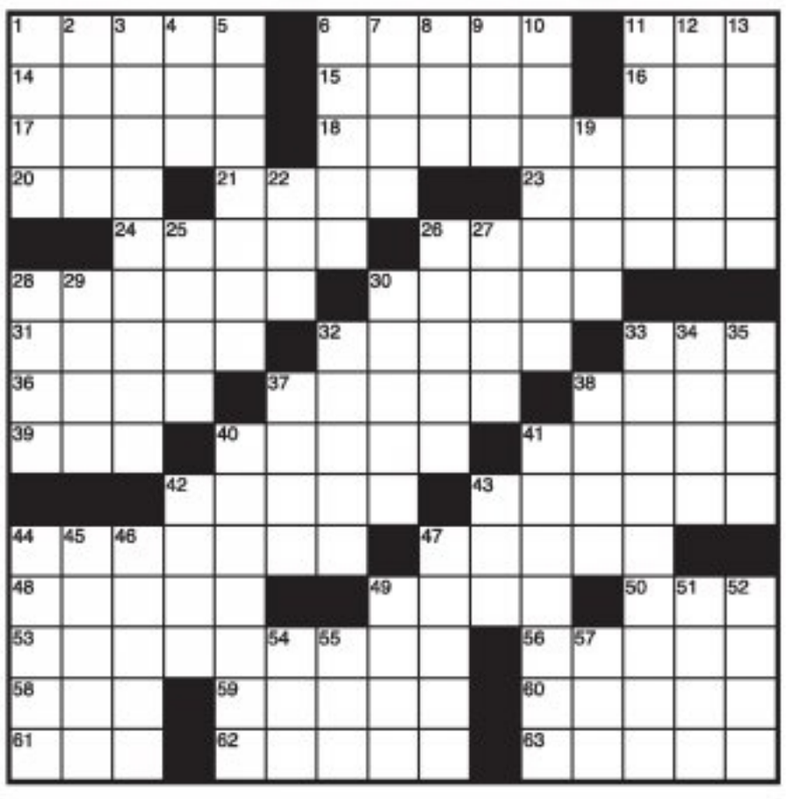

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	9				8		7	
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		1	9		7	4		
		4	1		2	8		
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			8		9		1	3

SUDOKU **LEVEL: EASY**

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4				9			3	
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			2		3			5
3		9	1			7		
	4			2				3
		2					6	

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

A	G	O	R	A		B	A	B	A		V	E	I	L
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A	L	A	M	O	S		P	R	O	F	I	L	E	S
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U	N	I	V		A	P	E	D		E	L	A	T	E
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S	C	A	R		E	L	S	E		S	P	E	N	T

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: WWW.METRO.US/PUZZLES

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Opinion

ANGELO CATALDI
THE VOICE OF THE PHILLY SPORTS FAN

DON'T LET THE DOOR HIT YOU ON WAY OUT!

The Flyers said goodbye last week to the cornerstones of an era, Mike Richards and Jeff Carter. What they should be saying is good riddance. Never have two players promised so much and delivered so little.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send submissions to letters@metro.us.

Mike Richards was a captain who couldn't lead, couldn't speak in public and was invisible at key moments. Jeff Carter was a party boy who never saw a shot he didn't like, was prone to injury and treated defense like the ebola virus.

You will never hear any of these truths escape the lips of the Flyers, but they are thinking them. Why else would they trade two star players in the same day? Why else would they promise a combined 23 years of contract security and then send them away? Why would this loyal organization boot two of its favorite sons right out of the family?

The Flyers are too classy to say what really happened, but — as you know — class is no obstacle in this space. So let me offer the cold reality of a historic week. Mike Richards was an enigma in every important way. He was such a bad captain that Chris Pronger had to step forward and dress down Claude Giroux for playing stupid hockey. Richards was such a lousy leader that Danny Briere had to deliver an emotional pep talk to his teammates between periods of Game 6 in the playoffs against Buffalo.

The Flyers were comparing Richards to Bob Clarke a few years ago. But Richards was the antithesis of Clarke — a ruthless leader who reveled in the playoff spotlight. The most symbolic moment of Richards' reign as captain came at the end of the playoffs, when he didn't even bother to show up for the annual post-mortem. A no-show, right to the end.

Carter was a shooter with no conscience, a player whose first concern was his own stats, not the final score. Off the ice, he was often compared to Pat Burrell, especially in his appeal to female fans and his perfect attendance record at the top night spots. There is one difference: Burrell won a championship.

Quoted

Richards was the antithesis of Clarke — a ruthless leader who reveled in the playoff spotlight.

It is natural to feel some pangs of sentiment when two popular players vanish. Even the crusty GM who engineered the deals had to choke back his emotion several times when he talked about two players he had scouted, drafted, signed and nurtured.

But dry your tears, Philadelphia.

Richards and Carter represent just another lost opportunity for an organization starved for a Cup. An army of new kids are on their way. Maybe they'll be what our two banished heroes were not. Maybe the new kids will be winners.

*– **Angelo Cataldi** is host of 610 WIP's Morning Show, which airs weekdays 5:30 a.m. to 10 a.m.*

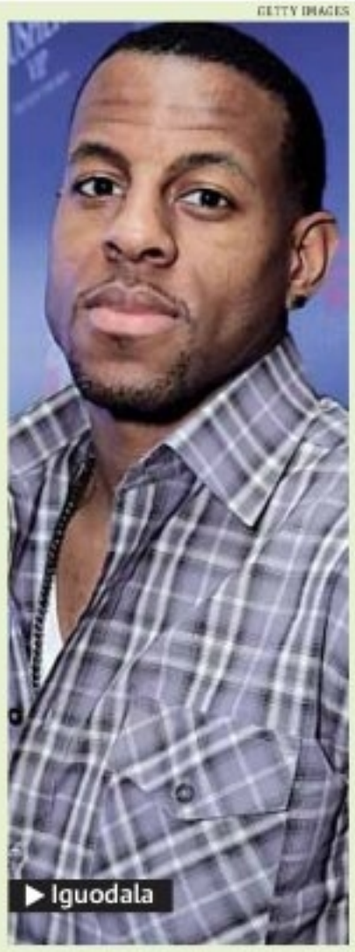
Quoted

"You feel anger and betrayal and all of the emotions that go along with being traded. Sometimes it's best to just sit back and think about what you're going to say than get right out there and say things that you'll regret."

FORMER FLYER JEFF CARTER, WHO ADDRESSED THE MEDIA – THE COLUMBUS DISPATCH – FOR THE FIRST TIME YESTERDAY SINCE BEING TRADED TO COLUMBUS.

Sixers good at doing nothing

GETTY IMAGES



▶ Iguodala

When the smoke had cleared after a week of wild rumors and crazy draft talk, standing there with his patented blank expression was the poster boy for Sixers apathy, Andre Iguodala. Will this team ever get it right?

First, the Sixers were going to trade Iguodala to Golden State for Monta Ellis. Then they were unloading him to the Clippers for Chris Kaman. The consensus of the fans was clear on both deals: yes. In fact, if the Sixers didn't have travel money to send the overpaid underachiever to his new destination, there would be no lack of volunteers happy to drive him there.

Unfortunately, the Sixers did what they have been doing for years. They did nothing. Yes, they did draft a young center named Nikola Vucevic, and they gave Temple's Lavoy Allen a final bow. Neither player will sell one ticket — not one — on a team already ranking last in NBA attendance.

If you are a real fan of the Sixers, the past week just reinforced the desperate need for the sale of the franchise, for an infusion of bolder and more creative thinking. The very last thing this comatose team needed was another year of Iguodala and his bland band of boring buddies.

JOSEPH KACZMAREK/METRO

▶ Oswalt openly questioned his future last week.

Phils tell the truth

The Phillies did something remarkable last week. They told the truth about an injury. They said Roy Oswalt has a bad back.

Of course, the Phils had little choice but to come clean, since Oswalt had pitched only two innings of a start in St. Louis and then openly questioned his future in baseball. After a player says he is in pain when he's sitting, standing, walking, pitching and sleeping, there's not much room left for the usual mumbo-jumbo.

Here's what the Phillies won't address: How injured was Oswalt when he left the team to run an excavator after tornadoes hit his hometown? What implications will that bizarre decision have on this season of high expectations? Good luck getting those answers.

Oswalt has always been a different kind of star, a talented pitcher who advertises his disdain for fame. Unfortunately, he has no reservations about collecting the $16 million he is owed this season. But the truth is out. He's got a bulging disk and could miss the next two months.

Before that prognosis, Charlie Manuel said that maybe the reason for a lack of velocity was a stomach problem that had caused Oswalt to lose weight around the time of the tornadoes.

Hey, that theory actually makes sense. Maybe Oswalt got sick trying to digest all of the baloney the Phillies have been serving this season.

Idle thoughts from Cataldi ...

1 Follow the leader. Domonic Brown's jog to first base on a botched ground ball last Saturday night was a disgrace. The man is 24 years old, and it's asking too much for him to run hard four times a game? Obviously, he's learning well from one of the laziest players in the business, Phils shortstop Jimmy Rollins.

2 Thank you, Oakland ... A word of thanks is in order to Oakland manager Bob Melvin, who handed the Phils a game last Friday by playing third baseman Scott Sizemore on the infield grass with two outs and runners on second and third in the ninth. Ben Francisco's high hopper won it. Dumb, dumb, dumb.

3 Thank you, Charlie! And while we're at it, kudos to Phils manager Charlie Manuel for moving Cole Hamels up in the rotation to face the Red Sox on Thursday afternoon. The lefty ace will be on full rest, and this is a perfect time to send a message to the one team that most threatens the Phillies' championship dream.

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Manic Monday at Wimbledon

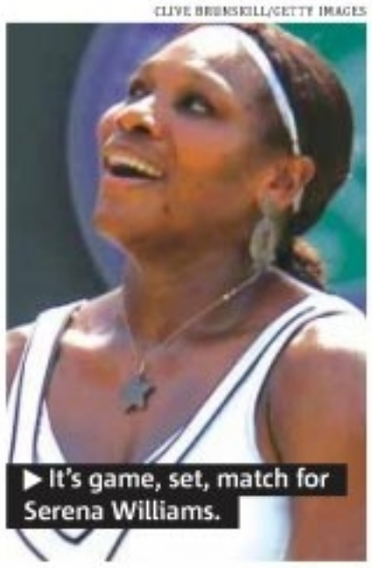
It took less than two brutal hours at Wimbledon yesterday to disprove the theory that Serena and Venus Williams could return to the top at the All England Club after having barely swung their rackets in anger for months.

First, defending champion Serena suffered a humbling 6-3, 7-6 fourth-round loss to Marion Bartoli.

"I lost, but I was able to kind of hang in there and play tough," Serena said after the match. "I can only get better.

"And that can potentially be really scary, because I can only go up from here, and I can just do so much more."

CLIVE BRUNSKILL/GETTY IMAGES



▶ It's game, set, match for Serena Williams.

As that news was still being absorbed by a sweltering crowd, five-time champion Venus was summarily dispatched, 6-2, 6-3, by Tsvetana Pironkova.

The manic Monday carnage in the women's draw was not confined to the American sisters, who had won nine of the last 11 women's singles titles at Wimbledon.

World No. 1 Caroline Wozniacki lost, 1-6, 7-6, 7-5, to Dominika Cibulkova, leaving 2004 champion Maria Sharapova as the clear favorite for the title. The Russian fifth seed overpowered China's Peng Shuai, 6-4, 6-2. REUTERS

COPD Patients: Breathing Device May Help You Breathe Easier and Feel Better

Temple University is conducting a research trial to find out whether using a breathing device at nighttime can help COPD patients breathe easier and feel better all the time. This device, called a noninvasive positive airway pressure ventilator (NPPV), is commonly used for sleep apnea.

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The trial consists of an initial visit to the research facility, Temple Lung Center, and a hospital stay of up to 5 days. After the hospital stay, you will use the NPPV device for at least 6 hours every night and make 5 more visits over 3 months. You may be compensated up to $875 for completing the trial.

For more information, call 215-707-1359 or e-mail breathe@temple.edu and refer to the BiPAP trial.

Temple Lung Center

This information is approved by Temple University for public display and is associated with project 13203.

Medical Research DIRECTORY

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The University of Pennsylvania is recruiting volunteers for a research study for African American women to learn about breast cancer and strategies for preventing the disease.

If you are an African American woman age 35-70 and live in Philadelphia, call to learn more about the study and to find out if you are eligible.

215-898-2735

Penn Medicine

Red Sox, Phillies set for World Series preview?

The eyes of the baseball world will be glued to Philadelphia this week. That's because the Phillies and Red Sox are set to start a three-game set, which is being billed as a possible World Series preview.

Phillies GM Ruben Amaro started the hype machine last March, when he called Boston "the best club in baseball." For the most part, both have backed up the talk. The Phillies have the best record in baseball (49-30), and the Red Sox (45-32) trail the Yankees by a half-game in the AL East.

On TV today

Red Sox at Phillies, 7:05 p.m. (phl17)

"I think it probably could be two of the best," manager Charlie Manuel said.

And the two clubs are doing it in different ways. The Red Sox lead the majors in runs scored (405), while the Phils own top ERA (3.07).

Cliff Lee will be searching for his third straight shutout when he takes the bump against Boston's Josh Beckett in tonight's opener.

No pressure. Not yet.

"I don't think we need to prove anything in any series until we get to the postseason," Lee said.

"If it's in October and we're both in the playoffs and we're both playing well, then we can talk about it," added Red Sox star Kevin Youkilis. METRO

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Ruth Bradford
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Time: 12:00pm Date: Thursday, July 27th, 2011 Place: 2990 S 20th St

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*1732	Barbra Pisano	*1570	Natalie Garrett	*1724	Timmy McNally
*1027	Erica Eshelman	*1571	Natalie Garrett	*1154	Josephine Martin
*1138	Erica Eshelman	*1384	Antonio Evans Jr.	*1509B	Willean Gray
*1046	Tara Terry	*1370	Wylie Blaine	*1189	Lakisha Robinson
*1371	Alhassane Gamby	*1728	Guerino Busillo	*1579	David Thomas
*1074	John Valerio	*1723	Frank Nadel	*1764	Linda Higgins

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Time: 10:00am Date: Tuesday July 26th, 2011 Place: 5134 Lancaster Ave Philadelphia, PA

*1145	Nell McNulty	*2148	Jeff Brewington	*3057	Lanniel Robbins
*3043	Lateisha Kearney	*1141	Lyndon Stephenson	*3120	Elisha Nixon
*2011	Juanita Thomas	*2250	Tenisha Walker	*1023	Michael A Williams
*2050	Tanya Crawford	*2142	Willie Gibson	*1109	Charles Cardwell
*3116	Daniel Robison	*2178	Brandi Evans	*2256	Paul Stewart Sampson
*3001	John Reed	*2137	Martha Ann Jones	*1097	Ronald Carson

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1133 Dolores Jackson	2031 Kinard Cynthia	2178 Barbara A Poulet	2342 Young Madeline
1241 Green Kharyn	2054 Simpson Latonia	2193 Kia Jones	2379 Ronald E. Moore
2003 Knox Gwendolyn	2074 Dolores Jackson	2256 Dolores Jackson	2394 Kendra Weaver

europe

The best of Berlin

Fifty years since the construction of the Berlin Wall, the city continues to reinvent itself The can't-miss museums and must-try food (and one museum dedicated to food)

PHOTOS: GETTY IMAGES

This summer, Berlin marks the 50th anniversary of the construction of the wall that remains, even in fragments, as its most famous landmark/scar. The city is thoroughly modern and architecturally visionary; it has grown up to fill the spaces once marked by that concrete barrier and long since reconnected with the outside world it once strove to keep out.

Fly there

AirBerlin is the first European airline to offer nonstop service from New York's JFK International Airport to Berlin. The daily service launched in May.

Where to ...

VISIT:

Remnants of the Wall remain scattered throughout the city, with a brick outline in the pavement tracing its former path. But perhaps the most effective spot to visit is the block-long stretch of the Wall that runs alongside the **Topography of Terror museum (www.topographie.de)**, which combines two of the darkest pieces in Berlin's history. Located on the grounds of the former Nazi Gestapo and SS headquarters, the site is part archaeological excavation, part memorial and part history museum. For a less grim view of the world, **Museum Island (www.smb.museum)** offers a grand collection of art and history museums in the middle of the Spree river, at the heart of the city's historically rich and eclectic Mitte district.

EAT:

Further representing the idea of rebirth that thrives throughout the city, **Volt restaurant (www.restaurant-volt.de)** is a former electrical substation that now serves as the home for chef Matthias Gleiss' elegant, locally sourced take on classic German cuisine. But no visit would be complete without a taste of currywurst, which is available on virtually every street corner. The combo of hot pork sausage and curry ketchup is so ubiquitous as to have merited its own museum **(www.currywurstmuseum.de)**.

▶ Topography of Terror

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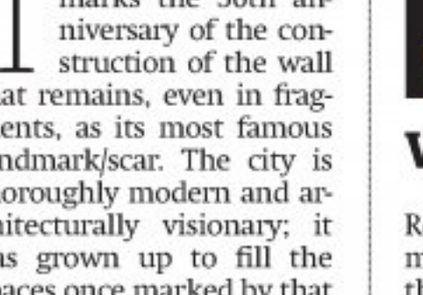
Where to stay

The Hotel de Rome (www.hotelderome.com) is housed in the former head office of Dresdner Bank. While the decor is sleek, four "historical suites" maintain the restored furnishings of the bank directors' offices.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